



RESEARCHERS CHALLENGE CLAIM OF HISTORIC BRAIN 'SHRINKING'

Last year, an article published to Frontiers in Ecology and Evolution made headlines across the world after it claimed human brains shrank in size approximately 3,000 years ago. This, according to the authors, may have driven by the externalization of knowledge in human societies, thus needing less energy to store a lot of information as individuals. As a result, we developed smaller brains.¹

However, a recent article challenged this notion. [Click here to read more.](#)

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NEWS FROM THE FDA: IMPROVING CONSISTENCY OF LABELING FOR NON- PRESCRIPTION DRUGS

Consumers use non-prescription drugs without the supervision of a healthcare professional. The non-prescription drug's label is intended to empower consumers to appropriately select and use the product safely and effectively. As such, the FDA is looking to improve the consistency of labeling for non-prescription drugs. It recently announced draft guidance entitled "Statement of Identity and Strength — Content and Format of Labelling for Human Non-prescription Drug Products," which provides recommendations on the content and format of the required statement of identity and the drug's strength, both of which appear on the labeling of human non-prescription drug products.



The recommendations are intended to help manufacturers, packers, distributors, applicants, and sponsors ensure consistent content and format of the statement of identity and strength for all non-prescription drug labeling.

Continue reading [here](#).

HOW AND WHY DO HUMAN BEINGS SLEEP?



Sleep occupies a significant part of human life, but we still have limited information about its importance and the relevance of quality sleep for human health. In an editorial by the Lancet, the authors review recent information regarding sleep, especially as a result of the COVID-19 pandemic, which in many subjects caused a significant change in sleep habits.

"A fundamental pillar of good health is sleeping an adequate number of hours and following regular sleep-wake habits. The COVID-19 pandemic can help us reflect on the importance of sleeping well. The lockdowns that occurred in many countries exposed people to social isolation, fear, anxiety, and depressive symptoms, leading to changes in sleep patterns, insomnia, and nightmares, and an increased use of sleep aids." ²

Keep reading [here](#).

CDER CONVERSATION AND A ONE-YEAR PROGRESS REPORT

"Through a rigorous scientific and regulatory process, CDER's Office of Generic Drugs (OGD) helps to ensure Americans have access to safe, effective, and high-quality generic drugs. The role of the Global Generic Drug Affairs Program is to lead, coordinate, and manage OGD's international activities in collaboration with other offices in CDER offices and throughout the FDA to advance the overall mission of OGD and FDA. In an increasingly globalized pharmaceutical market, collaboration among drug regulators is critical. Actions one country or territory takes can affect others.



The Global Generic Drug Affairs Program has been exploring what administrative, scientific, and technical avenues FDA can take for further harmonization of generic drug standards globally by engaging with international standard-setting organizations, and through dialogue with the world's leading regulatory authorities. Keep reading [here](#).³

ARE WOMEN AT HIGHER RISK FOR CARDIOVASCULAR DISEASE?



The last decade has seen an emphasis on so-called 'gender medicine'. Little by little, the medical community is discovering significant differences between men and women in many areas of medicine, which can have a profound impact on diagnosis and treatment of such conditions. In a recent finding published by the Lancet, additional risk factors for women and cardiovascular disease have been identified.

"Behavioural risk factors such as consumption of a diet and household air pollution were more strongly associated with cardiovascular disease in women than men. The difference in associations between women and men for risk factors and the composite outcome of major cardiovascular disease were similar among countries at different income levels. These findings raise several important issues."⁴

Continue reading [here](#).

HPV VACCINES: NEW PROGRESS, OLD CHALLENGES

HPV vaccinations are recommended as the best way to prevent cervical cancer, which remains a diffuse form of female cancer. In low and middle-income countries, the cost of available HPV vaccines represents a serious limitation to vaccinating as many individuals as possible. As such, we are delighted to report very good news from India- which recently launched its first locally produced version of the human papillomavirus (HPV) vaccine.

"The quadrivalent Cervavac vaccine, which protects against the virus strains most likely to cause cancer of the cervix, vagina, and vulva, among others, was developed jointly by



the Serum Institute of India and the Indian Government's Department of Biotechnology..Heralded as a huge step forward, could this be the silver bullet for cervical cancer control, both in India and other low-income and middle-income countries?"⁵ Continue reading [here](#).



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Email your news and updates to community@ifappacademy.org.

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